

## CLAIMS

1. A construction board (1) having an integrated fastening means for mounting the construction board (1) on a construction material (17), for example a metal or wooden stud, comprising a cage (2) arranged into the construction board (1) and a screw arranged into the cage (2), characterized in that the screw is telescopic and has a dismounted position, or a not extended position, and a mounted position, or an extended position.

2. A construction board (1) according to claim 1, characterized in that the telescopic screw comprises two parts (3, 4) having threads with the same pitch, of which the first part (4) is telescopically received into the second part (3).

3. A construction board (1) according to claim 2, characterized in that the both parts (3, 4) of the telescopic screw are formed with carrier members (18) for engagement with a tool (16A, 16B) for screwing the both parts (3, 4) into the construction material (17).

4. A construction board (1) according to claim 3, characterized in that the carrier members (18) consists of projections (18) on the said second part (3) for engagement with the tool (16B) after principally complete screwing of the said first part (4) into the construction material (17).

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5. A construction board (1) according to one of the claims 1-4, characterized in that the said first part (4) is formed with a head (10) that abuts against a shoulder (14) into the said second part (3) after being screwed into a construction material (17).

6. A construction board (1) according to one of the claims 1-5, **characterized** in that the said second part (3) has a collar (8) that will abut a shoulder (15) into the cage (2) after the said second part has been screwed into 5 the construction material (17).

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